

Asian Ginseng-Lifestyle Improving Herb

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Abstract

Ginseng is one of the most popular ingredients in herbal medicine among herbalists in Far East. It is traditionally cultivated in China and Korea. Appearance of the ginseng roots is fascinating as it has a resemblance to human body with shoots resembling arms and legs. It is known to benefit every organ from head to toe.

Keywords

‘Tonic’ herb, Nutritive, Restorative and Treatment herb

Introduction

It is an economical and historical plant cultivated in the mountainous regions of Korea and China. It has been in wide use for thousands of years and appears prominently in the Chinese Material Medica (written during Han Dynasty, 220 BCE).

Panax Ginseng in Korea dates back to its cultivation in 11 BC.

‘Panax’ is derived from

‘Pan’ or all

‘Akos’ or cure

‘Ginseng’ is derived from

‘Gin’ stands for man in Chinese

‘Seng’ stand for ‘essence’



The name itself is self-explanatory regarding this herb.

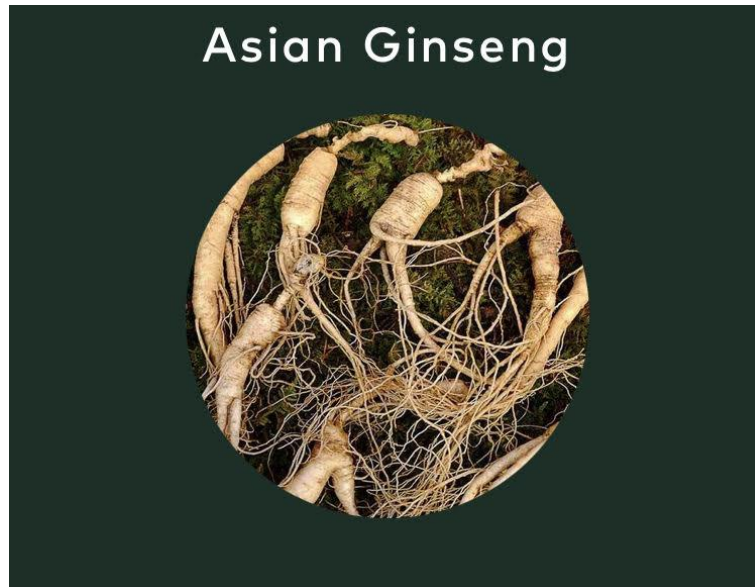


Image 1: Asian Ginseng

A known Chinese belief is that Ginseng is the representation of the earth that dwells in a root. It is classified into three categories based on the harvesting years:

- Fresh ginseng-harvested less than 4 years.
- White Ginseng-harvested in 4-6 years. It is dried after peeling.
- Red Ginseng-harvested after 6 years. It is first steamed then dried.

The German Commission E Monograph defines Panax Ginseng-A tonic for invigoration and fortification in times of fatigue.



Image 2: Closer view of Ginseng

Benefits of usage

The two most important compounds are:

Ginsenosides

Gintonin

The concentration of these compounds decides the efficacy of the herb. And the root is marinated in a concoction of herb to make it more effective.

- Helps improve blood circulation
- Potent antioxidant that helps in reduced inflammation
- Brain function-improves memory, behavior, and mood. Provides a general feeling of calmness. Helps in benefiting against Alzheimer's disease and other types of dementia.
- Cancer-Reduce the risk of cancer by preventing abnormal cell production and growth. Several studies have shown that there is a 16% reduced risk of cancer.
- Stress Relief-Improve overall change in the mental and physical composition of an individual. Relieves mental, physical, biological stress.

- Body Fatigue-Calming effect on the nervous system. Also works as an excellent tranquilizer.
- Immunity-Plays an important role in improving the immune system thereby strengthening the body.
- Metabolism-Makes the body energized by improving the metabolism. Also works as a stamina booster.
- Cardiovascular Health-Helps increase good cholesterol and reduce bad cholesterol. Keeps a check on Blood Pressure, Blood Sugar, and Cholesterol.
- Diabetes-As it balances the BS levels by producing insulin. Controls the sudden surge of Blood sugar due to high stress by regulating the production of cortisol hormone. Erectile Dysfunction-Cases of ED is attributed to blood circulation disorders that inhibit the flow of blood. As it helps improve the circulatory system thereby advantageous in its usage. Also improves the sperm count level and its motility in men. In women, it helps to strengthen the uterus and helps produce oestrogen hormone.

Overall this herb is a lifestyle changing that brings positive change in the quality of life. It makes the person vibrant and enthusiastic.

Common Side effects

- Not to be used for a prolonged time period as it loses its efficacy.
- Not to be taken without medical advice if a person is taking other drugs.
- Lack of sleep
- Nausea or vomiting

- Loss of appetite etc
- Pregnant women should not consume.

All these side effects vary from person to person. If anyone has any medical history then it is safer to consult your physician before using.

Usage and Consumption

- Can be eaten raw or steamed to soften
- Powder ginseng can be added to tea or any other beverage
- It can be added in stir fry vegetables
- Extract is available in powder, tablet, capsule, or oil forms.



Image 3: Treatment of Ginseng



Image 4: Ginseng Used as supplements

Dosage

- Daily dosage of 1-2gms of raw ginseng root (or 200-400mg of extract)
- Start with a small dose
- Best results if consumed before meals.

Conclusion

It should not be classified as a miracle drug. It is a herbal supplement that has a lot of benefits if consumed. It helps tremendously in improving the overall lifestyle of a person.

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About the Author

Ms. Manisha Amol is a science graduate from Hindu College, DU. She pursued MBA(Marketing) from IMT, Ghaziabad. She has worked with many corporations at various levels and won many accolades for her achievements. Currently working as a Director with a Startup. She started her literary journey 2 years back with focus on English poetry, Hindi poetry, Short Story and Ghazals. She is actively associated with numerous online portals that promote English/Hindi literature.

